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## Peer Tutors in Reducing Frequency Use of Addictive Substances (Glue Sniffing)

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### Abstract

Sniffing glue is categorized as inhalant abuse because its euphoria effect and volatile substance, Indonesia is a country that has an increasing number of this abuse. This study aims to analyze the effectiveness of peer tutor in reducing frequency use of addictive substances, in this study especially glue sniffing. This research was a pre experimental research using one pre-post design group to identify peer tutoring in reducing frequency of addictive use in adolescent in banta-bantaeng sub-district of Rappocini, city of Makassar. The subject were adolescent who use addictive substance (glue) as much as 20 people. Result showed that characteristic of subject indicated that subject in this study majority are categorized as high risk person because they have low education and their job is day laborer. Frequency difference before and after experiment just two people, it means there are two person stop sniffing glue after intervention.

**Keywords:** Peer; tutor; Sniffing; Glue; Drug.

### 1. Introduction

One of the glowing abuses is sniffing glue, which is considered as inhalant abuse because it causes euphoria effects and refer to inhalation of volatile substances [1]. This abuse correlate with many problem, from public health untill economic problem and also increase morbidity and mortality.

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It can be affect heart, lungs, kidneys, liver, peripheral nerves and brain [2, 3]. Volatile substance abuse has been spread rapidly from develop country to developing country [4-7]. Indonesia is a country that has an increasing number of this abuse, include Banta-bantaeng village, Rappocini distric of Makassar city, the capital of South Sulawesi province.

Various attempts were made to tackle and prevent sniffing glue, one of which is a peer tutor who has been proven on a variety of other health problems [8, 9]. Peer tutor has been apply for many cases but variability was found in turor recruitment, training process, tutor outcomes and tutor competencies so sometimes it has different result [10].

This study aims to analyze the effectiveness of peer tutor in reducing frequency use of addictive substances, in this study especially glue sniffing.

## 2. Methods

This research was a pre experimental research using one pre-post design group to identify peer tutoring in reducing frequency of addictive use in adolescent in banta-bantaeng sub-district of Rappocini, city of Makassar. The subject were adolescent who use addictive substance (glue) as much as 20 people.

Data was presented in table with frequency and relative value, probability value analyzed by descriptive analysis. Descriptiveanalysis in this study to see the difference of frequency of substance use before intervention and after intervention.

## 3. Results

Data indicated that most of subget were 13-21 years old and majority education level were elementary school. All of subject has a job as day laborer but most them live with their parents (Table 1)

**Table 1:** Characteristic of Subject

Characteristics	Frequency	
	n	%
<b>Age</b>		
7-12 year	8	40
13-21 year	12	60
<b>Education Level</b>		
Not graduated from Elementary school	5	25
Elementary school	9	45
Junior High School	6	30
<b>Job</b>		
Day Laborer	20	100
<b>Live With</b>		
Parents	13	65
Grandmother/grandfather	4	20
Non Family	3	15

Data indicated that frequency difference between before and after intervention is two people, it means that just two subject stop glue sniffing activity (Table 2).

**Table 2:** Frequency Difference Before and After Peer Tutor

Experiments	Frequency		Frequency Difference	
	n	%	n	%
Before	20	90	2	10
After	18	10		

#### 4. Discussion

Data showed that characteristic of subject indicated that subject in this study majority are categorized as high risk person because they have low education and their job is day laborer. Frequency difference before and after experiment just two people, it means there are two person stop sniffing glue.

Education level is one of social economic status that suggested to improve in order preventing negative behavior include drugs and alcohol [11]. Not only the level of education that affects but also the relationship of students with teachers and the condition of the students at their time in school is also has role in adolescent behaviour [12]. That is why world health organization suggested Health Promoting Schools (HPS) framework in improving health [13]. Level of education and environment of education that supported health activities is a key factor to reduce drugs addiction.

Day laborer is vulnerable with negative behaviour especially because stressor in workplace, condition that they felt uncomfortable also make them seeking drugs and also relapse susceptibility [14-16]. Descriptive norm in workplace also a predictor for both alcohol and illicit drug use [17].

This study need to take long time and involving various stake holders because frequency difference just two people, but it is recognized well that long time and hard effort usually need to change a negative behaviour to positive behaviour especially when subject have some risk factor or they are from high risk group. Healthy behaviour such as avoid sniffing glue can be start from restore healthy thinking through the optimization of healthy lifestyles by recalling the prevailing norms associated with healthy living [18, 19].

#### 5. Conclusion

Subject that sniffing glue are high risk person related education level and job, they have low education and their job is day laborer. After peer tutor intervention, there are two subject that stop sniffing glue.

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## **6. Competing Interest**

The authors declare that they have no competing interests.

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